

REPORT FOR THE WEBINARS/SEMINARS/WORKSHOP CONDUCTED

1. NAME OF THE DEPARTMENT: PHYSICS
2. TITLE OF THE PROGRAMME: **Covid-19 and the role of sleep: A scientist's perspective**
3. NAME OF THE RESOURCE PERSON: **Dr. Nabo Kumar Chaudhury, Scientist, INMAS, DRDO, New Delhi**
4. NAME OF THE ORGANIZING FACULTY: Prof. B.L.Giri
5. DATE : 9th July, 2021
6. TIME : 3pm
7. VENUE (IF OFFLINE): : NA
8. MODE: : Online
9. PLATFORM : Google meet
10. LINK (if online)
<https://meet.google.com/xsc-afng-moy> (meeting link)
https://docs.google.com/forms/d/1Tw_T9-jHwYe0mfaaLOeMDw4vrvJhcJz9IIQojaYnjt8/edit?ts=60e7054c (feedback link)
11. NO OF PARTICIPANTS: 79
TEACHERS: 12
STUDENTS: 67

12. OUTCOME OF THE PROGRAMME:

The speaker start by explaining the biological aspects of sleep then delve into the relationship aspect of sleep problems and the prolong occurrence of the diseases especially Covid-19. He highlighted the efficacy of vaccines and sleep quality. Over all the presentation was very informative and highly relevant to current situation of Covid-19. The participants enjoyed and greatly benefit from knowing the scientific evidence of the importance of sleep and its benefits especially in fighting against Covid19.

Some of the screen shots are present below

Meet - xsc-afng-moy | Appreciation to Guest Speaker.p... | meet.google.com/xsc-afng-moy

N.K. Chaudhury is presenting

Human Resources

- 76 Scientists: (Physics, Chemistry, Life Sciences, Computer sciences, Engineers and Medical professionals, Service Officers, AMC)
- Service: First in South Asia to introduce Nuclear Medicine OPD (Radio diagnosis)
- Course: DEB (Nuclear Medicine), DNB (Radiology)
- Research Fellows >100
- Ph.D through reputed Universities
- Users Interactions: Army, Navy, Air Forces, Fire forces, Special Forces.
- Academic Partners: Many Universities, Centers both India and Abroad
- Industrial Partners > 24 nos.
- Interactions with Various Institutes (IIS, CSIR, ICAR, ISRO, DAE, Medical Research Institutes, Hospitals)

3:26 PM | xsc-afng-moy

Participants: Principal SEC, N.K. Chaudhury, Rohit Sapam, dickson pukhrabam, Lobi Kurbah, Marplephar Lyndem, Recadora Khongkai, 71 others, You.

Appreciation to G...pdf | Show all

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31°C Rain showers | 15:26 09-07-2021

Meet - xsc-afng-moy | Appreciation to Guest Speaker.p... | New Tab | meet.google.com/xsc-afng-moy

N.K. Chaudhury is presenting

Covid 19 and Cytokine storms

Cytokine storms in infected Covid 19 patients is a serious problem

A percentage of patients develop acute respiratory syndrome and acute lung injury (ALI).

Uncontrolled inflammation cause diffuse alveolar damage (epitellium, edema, interstitial inflammation, reduction in lung gas volume)

Formation sepsis

Require ventilation

Initiation stage: increase in neutrophils in the lungs and production of inflammatory cytokines, chemokines, proteases and oxidants.

Body Response: Inflammation (part of innate immune system) sense pathogens danger associated molecular pattern (DAMP)

Activates inflammation, release proinflammatory cytokines (IL-1, IL-6)

4:29 PM | xsc-afng-moy

Participants: N.K. Chaudhury, Lobi Kurbah, radhendu das, Rohit Sapam, Jemy Marbaniang, Marplephar Lyndem, Nisha Kumari, 69 others, You.

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32°C Light rain | 16:29 09-07-2021

Meet - xsc-afng-moy | Appreciation to Guest Speaker.p... | meet.google.com/xsc-afng-moy

N.K. Chaudhury is presenting

Sleep quality and vaccination efficacy

Good sleep prior to vaccination is necessary for effectiveness. Sufficient sleep is essential for vaccine effectiveness. Studies have showed that T helper cells doubled and the Th1 cytokine producing cells increased, an important adaptive immune response.

4:12 PM | xsc-afng-moy

Participants: N.K. Chaudhury, Lobi Kurbah, radhendu das, Baiarlin Syiemlieh, Jemy Marbaniang, Marplephar Lyndem, Dhruva RoyChoudh..., 66 others, You.

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31°C AQI 42 | 16:12 09-07-2021